Blood Glucose Flow Chart Results

**Signs of High Blood sugar: Irritability**

Thirsty /dry mouth, frequent urination, fatigue/sleepiness, increased hunger, blurred vision, lack of concentration

**Symptoms progressively become worse:**

Sweet breath, nausea/stomach pains, vomiting, weakness, confusion, labored breathing, unconsciousness/coma.

Signs of Low Blood Sugar: Irritability

Fatigue, excessive sweating, trembling, clammy, dizziness, headache, hunger pangs, visual impairment, accelerated heartbeat, anxiety, difficulty concentration, blackouts, confusion, crying, irritability, poor coordination, nausea, inappropriate behavior.

# Check Blood Glucose

**Only <**

**-**

**-**

## Above

## Below

**Check Ketones**

(Cannot exercise unless urine is negative for Ketones)

Provide extra water.

Student is fine

☺

If exercise is planned before a snack or a meal, the student should have a snack before participating.

(Any snack containing carbs.)

1. Give 15 grams of **fast acting** carbohydrate.
2. If meal or snack is within 30 minutes, no additional carbs are needed.
3. If student is not going to eat within 30 minutes (may recheck BS in 15 minutes & if BS is not above \_\_\_ give additional carb and protein snack
4. If student’s blood sugar result is immediately following strenuous activity, give an additional fast acting sugar.
5. Give 30 grams of **fast acting** sugar source & carbohydrate\*
6. Observe for 15 minutes.
7. Retest Blood Glucose, if less than \_\_\_ repeat sugar source. If over \_\_\_\_ give carbohydrate and protein snack (e.g. Crackers and cheese) if not eating within 15 minutes.
8. Notify School nurse when needed and note in journal
9. Notify Parent if less then \_\_\_

If Student Becomes Unconscious, Seizures, or is Unable to Swallow:

Provide treatment

1. Call 911
2. Turn student on side to ensure open airway.
3. Give glucose gel or glucagon.
4. Notify school nurse & parent.

Teacher/grade

Student’s Name:

Ketones Present

Provide 1-2 glasses of water every hour.

Do not exercise.

If at any time student vomits, becomes lethargic, and/or has labored breathing CALL 911.

**Fast Acting Sugar Sources** (Do not give chocolate)

School:

* 15 gm. Glucose tablets
* 15 gm. Glucose gel
* 1/3 c. sugared soda
* ½ c. orange juice
* ½ c. apple juice
* ¼ c. grape juice
* ½ tube cake mate gel
* 3tsp. Sugar (in water)

Parents Phone Numbers:

**\*\*\*\*Never send student with suspected low blood glucose anywhere alone.**

*Blood Glucose Algorithm Sample*

# Check Blood Glucose

**Signs of high Blood sugar:**

**Early Symptoms: Irritability**

Thirsty /dry mouth, frequent urination, fatigue/sleepiness, increased hunger, blurred vision, lack of concentration.

**Symptoms progressively become worse:**

Sweet breath, nausea/stomach pains, vomiting, weakness, confusion, labored breathing, unconsciousness/coma.

Signs of Low Blood Sugar: Irritability

Fatigue, excessive sweating, trembling, clammy, dizziness, headache, hunger pangs, visual impairment, accelerated heart beat, anxiety, difficulty concentration, blackouts, confusion, crying, irritability, poor coordination, nausea, inappropriate behavior.

Parents Phone Numbers:

**\*\*\*\*Never send student with suspected low blood glucose anywhere alone.**

Physician’s number:

**Parents Phone Numbers:**

Nurse Contact number:

School:

Student’s Name:

* ½ c. apple juice
* ¼ c. grape juice
* ½ tube cake mate gel
* 3tsp. Sugar (in water)
* 15 gm. Glucose tablets
* 15 gm. Glucose gel
* 1/3 c. sugared soda
* ½ c. orange juice

Fast Acting Sugar Sources (Do not give chocolate)

**Check Ketones**

(can not exercise unless urine is negative for Ketones.)

Provide extra water.

Ketones Present

Provide 1-2 glasses of water every hour.

Do not exercise.

If at any time student vomits, becomes lethargic, and/or has labored breathing CALL 911.

Student is fine.

If exercise is planned before a snack or a meal, the student should have a snack before participating.

(Any snack containing carbs.)

1. Give 15 grams of fast acting carbohydrate. If meal or snack is within 30 minutes, no additional carbs are needed. If student is not going to eat within 30 minutes (may recheck BS in 15 minutes, if BS not above 80 additional carb and protein snack is to be given.

If student’s blood sugar result is immediately following strenuous activity, give an additional fast acting sugar.

1. Give 30 grams of fast acting sugar source and carbohydrate\*.
2. Observe for 15 minutes.
3. Retest Blood Glucose, if less than 60 repeat sugar source. If over 60 give carbohydrate and protein snack (e.g. Crackers and cheese) if not eating within 15 minutes.
4. Notify School nurse when needed and note in journal
5. Notify Parent if less then 50.

If Student Becomes Unconscious, Seizures, or is Unable to Swallow:

Provide treatment.

1. Call 911
2. Turn student on side to ensure open airway.
3. Give glucose gel or glucagon.
4. Notify school nurse & parent.

## Above 350

**126-240**

**Only < 100**

**60-80**

## Below 60